

Referrals

Look on our website

www.advocacyforall.org.uk

- Click on 'make a referral'
- Scroll down to the Bromley section
- Click on Bromley Touchbase

Download the Referral Form, complete and email to:

groups@advocacyforall.org.uk

Or call us on 07711 590393 and make a referral.

If you need help with completing the referral form or if you have any questions, please do not hesitate to call our team.

Self referrals are welcome.

If you are referring someone else, please get their consent.

Contact us

☎ 0345 310 1812 option 1 or 07711 590393

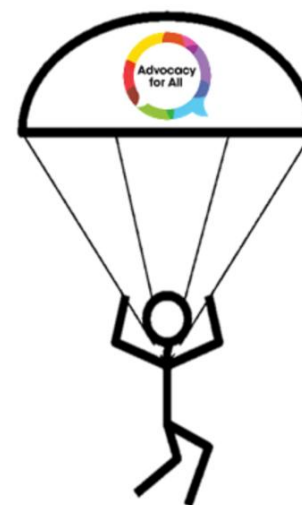
✉ groups@advocacyforall.org.uk

🖱 www.advocacyforall.org.uk

📍 Advocacy for All, Bromley Together, Community House, South Street, Bromley BR1 1RH



This service is provided by
Advocacy for All



Bromley Touch Base Project



- **1-1 and groups advocacy**
- for people with **learning disabilities**
- who have **mental health difficulties** or needs.



The aim of this project is to support people to **manage their mental health better** before it becomes a crisis.

What is the service?



- **6 week of 1-1 advocacy**
- get support to look at problems, set goals and work towards them



- **Wellbeing groups**
- learn coping methods and wellbeing exercises in a safe supportive group



- **Drop ins**
- every fortnight, come for a cuppa and a chat and find out more about how we can help



- **Self advocacy groups**
- make friends and speak up about the important things in life

Who is it for?

You can use this service if



- you are an **adult (over 18)**
- you **live in the Bromley borough**
- you have a **learning disability** and **mental health needs**



You **can't** use this service if

- you are **in crisis**
- you need clinical intervention



- if you **feel unsafe** and **need urgent help**, please **call 999**

What can an advocate do?



- work **in person** or **online** for 6 weeks
- talk about **what troubles you** and **what you find hard**
- help you **focus on a goal** and work towards it
- **support you** to **do things yourself**